

# Distracted Driving Awareness Month

# 315,167

Number of people injured by distracted driving in 2024

Distracted driving claimed **3,208** lives in **2024**.

## Consequences

Using a cell phone while driving creates enormous potential for deaths and injuries on U.S. roads.




Phone use while driving: particularly calling and texting, is one of the most common distractions. When a person reads a text while driving, his or her eyes are off the road for an average of **five seconds**. At **55 miles per hour**, that is like driving the length of an entire football field while blindfolded.

## Parents

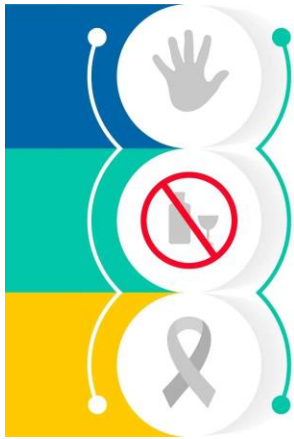
Parents first have to lead by example, by never driving distracted, as well as have a talk with their young driver about distraction and all of the responsibilities that come with driving. Remind your teen driver that in states with graduated driver licensing (GDL), a violation of distracted-driving laws could mean a delayed or suspended license.



## THREE MAIN TYPES OF DISTRACTED DRIVING

VISUAL	MANUAL	COGNITIVE
		
<b>Taking your eyes off the road.</b>	<b>Taking your hands off the wheel.</b>	<b>Taking your mind off the road.</b>
<ul style="list-style-type: none"><li>• Looking at your phone</li><li>• Looking in the backseat</li><li>• Checking your GPS</li><li>• Sightseeing</li></ul>	<ul style="list-style-type: none"><li>• Holding a phone/texting</li><li>• Eating or drinking</li><li>• Searching for an item</li><li>• Adjusting the radio</li></ul>	<ul style="list-style-type: none"><li>• Talking to passengers</li><li>• Driving intoxicated</li><li>• Daydreaming</li><li>• Road rage</li></ul>

KEEP YOUR HANDS ON THE WHEEL AND YOUR EYES AND MIND ON THE ROAD.



# ALCOHOL AWARENESS MONTH

APRIL

## Underage Drinking Is Dangerous:

**Causes many deaths.** Alcohol is a significant factor in the deaths of people younger than age 21 in the United States each year. This includes deaths from motor vehicle crashes, homicides, alcohol overdoses, falls, burns, drowning, and suicides.

**Causes many injuries.** Drinking alcohol can cause youth to have accidents and get hurt. Impairs judgment. Increases the risk of physical and sexual assault. Underage binge drinking is associated with an increased likelihood of being the victim or perpetrator of interpersonal violence.

**Can lead to other problems.** Drinking may cause youth to have trouble in school or with the law. Drinking alcohol is also associated with the use of other substances.

# THE PARTY'S BETTER WHEN *YOU'RE IN CONTROL*

DON'T LET ALCOHOL GET THE BEST  
OF YOU. DRINK RESPONSIBLY:

- PACE YOURSELF
- HAVE A PLAN TO GET HOME
- KNOW YOUR LIMITS
- LOOK OUT FOR FRIENDS

**178k**  
Americans die from drug or alcohol  
overdose each year